

DO RELATIONSHIPS MATTER TO THE HEALTH OF CANADA'S YOUTH?

According to the *Health Behaviour in School-aged Children in Canada* report—**YES, relationships matter!**



RELATIONSHIPS PROTECT LIFELONG HEALTH

Youth who experience positive relationships at home, in school, among peers, and within their community benefit from positive health outcomes while negative relationships were found to be harmful to lifelong health.



FAMILY

Family support was found to be the most critical factor in promoting positive health outcomes for youth (e.g., adopting a healthy lifestyle, and avoiding risk behaviours).



SCHOOL

School climate was found to be critical in preventing bullying and violence.



PEER

Peer support was found to protect positive health behaviours, but does not necessarily prevent risk behaviours.



COMMUNITY

Community support was found to protect positive health outcomes, although to a weaker extent than the three other relationship contexts.



To learn more or to find a copy of the report, visit Canada.ca/Health and search for HBSC.

